



# Welcome To Our Wellness Chefs

with Vegan Chef Sandi Morais



## OVERNIGHT OATS ALMOND OATS PUDDING

Celebrity Vegan Chef, Sandi Morais shares an Overnight Almond Oats Pudding made with Rolled Oats is delicious and the recipe is simple and easy to make. Once the pudding is made overnight it's easy to just warm-up the pudding in the morning for a simple healthy breakfast, or just take it in your lunch box with some fresh fruits as a snack on-the-go.

**Serves:** 1

**Prep Time:** 6 minutes

**Total Time:** 6 minutes

### Ingredients:

1/2 cup unsweetened almond milk  
1/2 cup old-fashioned rolled oats  
3 pitted dates  
1/2 teaspoon cinnamon powder  
1/4 teaspoon nutmeg  
1/2 teaspoon vanilla extract  
1 teaspoon chia seeds  
2 tablespoons raisins

### Toppings:

1/2 cup berries  
1 tablespoon almond butter  
1 tablespoon chopped nuts (optional)

### Method:

**Step 1.** Put the almond milk into your high speed blender or Vitamix. Add dates, cinnamon, vanilla, nutmeg and bend.

**Step 2.** Pour the milk into a mason jar. Add chia seeds and mix together. Add rolled oats and mix. Add raisins and continue to mix until the oats is soft. Add a little more milk if the pudding is too thick.

**Step 3.** Cover the jar and put it into the fridge overnight. (Not the freezer.) When you are ready to eat the pudding add toppings.

**NOTE:** You can also get creative and add toppings of your choice. Oats is a good source of vitamins, minerals, fiber and protein ([www.healthline.com](http://www.healthline.com)).

### DIFFERENT TYPES OF OATS:

**Rolled Oats:** Rolled oats, or old-fashioned oats, are oat groats that have gone through a steaming and flattening process.

**Quick Oats:** Quick oats or quick-cooking oats are rolled oats that go through further processing to decrease cooking time.

**Steel-Cut Oats:** Also known as Irish oatmeal, steel-cut oats are most closely related to the original, unprocessed oat groat. To produce steel-cut oats, the groats are chopped into pieces with large steel blades.

**Note:** Information from [www.healthline.com](http://www.healthline.com)

Recipes by Sandi Morais, Celebrity Vegan Chef  
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